



DEPARTMENT OF THE ARMY  
UNITED STATES ARMY GARRISON ANSBACH  
UNIT 28614  
APO AE 09177

AETV-WG-A

08 July 2004

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Physical Training On-and Off Post, Policy Letter # 27

1. REFERENCES:

- a. AR 385-10, The Army Safety Program
- b. USAREUR Pam 385-17, Leaders Guide to Force Protection in Physical Running Formations.
- c. AR 385-55, Prevention of Motor Vehicle Accidents

2. PURPOSE: To establish minimum safety standards for Physical Training (PT) formations.

3. APPLICABILITY: This safety policy applies to all military personnel, family members, DOD civilian employees to include NAF employees, long and short-term contractors, retirees, and "non-affiliated" civilians in the 235th BSB area of responsibility.

4. RESPONSIBILITIES:

- a. Commanders and supervisors at all levels will ensure compliance with this policy.
- b. Both, military and civilian supervisors will brief their personnel on the requirements of this policy, especially on the maximum speed (10 MPH/16KmH) when passing troop formations.

5. POLICY: Units will, whenever possible, use facilities within the kaserne(s), or US controlled areas to conduct PT. PT formations must be conducted safely and IAW the following procedures:

a. On Post:

(1) Formations are limited to one-half of the roadway and will not impede the flow of oncoming traffic.

(2) Head, trail, and road guards will wear reflective vests (NSN 8415-00-177-4974). Lead and trail elements will carry operational flash lights with red/white lenses or safety cones during darkness. Front road guards should carry light devices pointing forward. Rear road guards should carry light devices pointing rearward.

(3) Calling cadence or singing "Jody Calls" is prohibited in residential areas during quiet hours before 0800 hrs.

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b. Off Post: In addition to the safety precautions listed at paragraph 5. a. conducting PT on public roads and sidewalks.

(1) Units will coordinate with the Provost Marshal Office to ensure local German Authorities are notified and concur with routes and times of formations at least 24 hrs prior.

(2) Units will make maximum use of sidewalks, rather than roadways. Formations will comply with posted traffic signs and established traffic rules.

(3) When using public roadways, formations are considered "vehicle convoys" to include lead and trail vehicles with rotating amber warning lights and lights on. Lead and trail vehicles will remain within 10-20 meters of the formation.

(4) Road guards have NO authority to stop public traffic and/or block intersections. Under NO circumstances will roads be crossed while the traffic lights are RED.

(5) Dropouts and stragglers will leave the road immediately and run or walk on sidewalks. Individual runners will use the sidewalk at all times.

(6) Calling cadence or singing "Jody Calls" is prohibited in residential areas during quiet hours before 0800 hrs.

c. On Post/Off Post: Individual runners, not running in formation, (soldiers and civilians), are required to either wear a reflective vest or a reflective safety belt (NSN 8465-01-163-8835) during times of limited visibility, and use the sidewalk at ALL times. Groups larger than four should be running in formation and comply with the rules of running in formation.

6. The 235th BSB Safety Office is the proponent for this Policy Letter at ETS 468-1670.

JOHN G. REILLY  
LTC, SF  
Commanding

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